

Health Tips

for seniors

What are *Trans* fats?

Facts

- Primarily produced from naturally occurring oils (fats) through the manufacturing process known as hydrogenation.
 - Used to make oils more solid at room temperature & to provide food products with more stability & consistency.

Why should you be concerned?

- High dietary intakes are associated with an increased risk for heart disease.

How can you avoid *trans* fats?

- Read food labels
- Avoid foods that have the words “partially hydrogenated” or “hydrogenated” listed in the ingredient list
- Avoid frying foods
 - Frying produces *trans* fats
- Limit consumption of milk, butter, cheese, beef, & tallow
- Choose healthier fats like monounsaturated & polyunsaturated